



CEC

COMMUNITY AND ENRICHMENT CENTER
WEEKLY NEWSLETTER
JULY 23, 2021

RECIPE: COWBOY CAVIAR

Cowboy Caviar is a colorful blend of fresh ingredients and mild spices with a touch of lime juice.

ONLINE WELLNESS: AFTERNOON STRETCH

This afternoon stretching and breathing session, which will include 30 minutes of simple stretches and breathing meditations.

12 DAILY HABITS FOR A BETTER LIFE

It's the little things you do every day that counts and builds up in the end.

LAKE YUMA

Did you know This project is funded in part from a DOLA Stormwater grant. Find out more!

WHAT'S HAPPENING

Find out what's happening at the CEC and around the City.

Cowboy Caviar

Cowboy Caviar is a colorful blend of fresh ingredients and mild spices with a touch of lime juice. Serve the healthy dip with your favorite chips for an appetizer that is ready in less than 15 minutes.



Ingredients

- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Juice of 1/2 a lime
- 1 teaspoon salt
- 1 pound Roma tomatoes seeded and diced
- 15 ounces 15 ounce can black-eyed peas, drained and rinsed
- 15 ounces 15 ounce can black beans, drained and rinsed
- 11 ounces 11 ounce can super sweet corn, drained
- 1 red onion diced
- 1 cup red bell pepper diced
- 1 cup fresh cilantro chopped
- 1 tbsp sugar optional (up to 1/4 cup if preferred)

Directions

1. In a large bowl, blend the olive oil, white wine vinegar, chili powder, cumin, lime juice and salt together.
2. Add the tomatoes, black-eyed peas, beans, corn, red onion, bell peppers and cilantro.
3. Cover and chill for at least 1 hour for flavors to blend.
4. Serve with your favorite chips, as a side dish or as a topping for fish or chicken



AFTERNOON STRETCH

Location & Event Details

Online

Date: Tuesday, July 27 | 2:00pm–2:30pm MDT

Description

Try out this afternoon stretching and breathing session, which will include 30 minutes of simple stretches and breathing meditations. We start promptly so please log on at least five minutes early, if possible!

This class is offered on Tuesday and Thursday as part of our Team Senior Planet program.

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

Website

<https://seniorplanet.zoom.us/j/170361931>

12

DAILY HABITS



FOR A BETTER LIFE

PRACTICE GRATITUDE

DAILY MEDITATION

MAKE TIME FOR SELF-CARE

PRACTICE GRATITUDE

GET UP EARLY

GET 30 MINUTES OF EXERCISE

DRINK MORE WATER

WEAR SUNSCREEN

VALUE YOUR ALONE TIME

DECLUTTER YOUR SPACE

BE CONSISTENT

NO EXCUSES



What's Happening At Lake Yuma?

This project will sustain the stormwater viability for many years to come. Since this is one of two essential stormwater ponds within the City limits, this project is designed to function in any major weather event. As it is now, the banks have eroded to a point that the deciduous trees within the park are compromised in spots. The design of this project also allows for the spillway to operate without human interaction and maintain a level of water in the pond to help preserve the current wildlife habitat. With the addition of aeration, the algae blooms should all but subside giving Yuma a much better quality of water within Lake Yuma. This project is funded in part from a DOLA Stormwater grant.



What's Happening?



MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

SENIOR DAY AT THE FAIR

Come to the Yuma County Fair on August 11th at 8am for breakfast followed by Cowboy Trivia, Bingo and much more.

OUR GYM IS OPEN

Our gym is open and FREE to use by appointment only.

Call 970-848-0407 to make an appointment. or to find out more!

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website: yuma.colibraries.org

HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



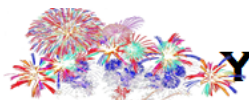
MEET AND EAT JULY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277



JULY 2021 YUMA MEET & EAT

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>1</p>	<p>2</p> <p>BEEF GOULASH PARSLIED CARROTS ANNA'S DILLY BREAD STRAWBERRIES & BANANAS</p> <p>Calories: 605 Carb: 82.6g Fiber: 13.7g Protein: 36.7g Fat: 17.3g Sod: 885mg</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
	<p>CHICKEN SALAD W/ GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 709 Carb: 95.6g Fiber: 10.6g Protein: 34.3g Fat: 23.8g Sod: 931mg</p>	<p>SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES</p> <p>SENIOR MEETING</p> <p>Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg</p>	<p>CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING CANTALOUPE CUBES</p> <p>Calories: 605g Carb: 74.8g Fiber: 10.8g Protein: 34.8g Fat: 19.8g Sod: 762mg</p>	<p>SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD</p> <p>Calories: 782 Carb: 98.9g Fiber: 12.9g Protein: 46.1g Fat: 24.5g Sod: 903mg</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>SWEET & SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES</p> <p>Calories: 768 Carb: 115.1g Fiber: 10.0g Protein: 36.5g Fat: 19.5g Sod: 612mg</p>	<p>SCALLOPED POTATOES & HAM BROCCOLI RAISIN ROLL PINEAPPLE TIDBITS OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 744 Carb: 105.2g Fiber: 10.1g Protein: 33.0g Fat: 24.1g Sod: 955mg</p>	<p>BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO MIXED VEGETABLES ROLL CHERRY BANANA SURPRISE</p> <p>Calories: 609 Carb: 100.9g Fiber: 10.0g Protein: 30.1g Fat: 12.6g Sod: 688mg</p>	<p>LASAGNA TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 643 Carb: 86.79g Fiber: 10.59g Protein: 33.6g Fat: 20.8g Sod: 591mg</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES</p> <p>OTIS POTLUCK</p> <p>Calories: 633 Carb: 106.7g Fiber: 9.6g Protein: 28.3g Fat: 12.3g Sod: 443mg</p>	<p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MELON CUP CINNAMON CRISPIES</p> <p>Calories: 723 Carb: 101.2g Fiber: 10.3g Protein: 31.9g Fat: 23.3g Sod: 995mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED GREEN SALAD W/ DRESSING FRESH FRUIT CUP APPLE GRANOLA COOKIE</p> <p>BLOOD PRESSURE</p> <p>Calories: 798 Carb: 95.6g Fiber: 9.1g Protein: 28.7g Fat: 35.0g Sod: 778mg</p>	<p>HAM & BEANS WALDORF SALAD CORN BREAD MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 659 Carb: 112.4g Fiber: 13.6g Protein: 28.6g Fat: 13.4g Sod: 908mg</p>	<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET PARSLIED POTATOES COUNTRY MIXED VEGETABLES BRAN MUFFINS CANTALOUPE CUBES COOKIES W/ RAISINS</p> <p>Calories: 670 Carb: 95.0g Fiber: 10.7g Protein: 31.4g Fat: 21.3g Sod: 903mg</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>SPANISH RICE w/ GROUND BEEF PEAS WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 677 Carb: 100.8g Fiber: 13.9g Protein: 34.8g Fat: 17.4g Sod: 549mg</p>	<p>HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP</p> <p>Calories: 646 Carb: 100.9g Fiber: 10.7g Protein: 30.5g Fat: 15.9g Sod: 1066mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL</p> <p>Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg</p>	<p>CHICKEN & SPINACH LASAGNA TOSSED SALAD W/ DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP</p> <p>Calories: 682 Carb: 80.6g Fiber: 9.4g Protein: 48.8g Fat: 20.8g Sod: 787mg</p>	<p>CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME W/ CRACKERS BEAN MEDLEY SALAD TROPICAL FRUIT CUP</p> <p>Calories: 807 Carb: 114.9g Fiber: 10.2g Protein: 37.4g Fat: 23.4g Sod: 944mg</p>